

QC

LUNCH WITH MOM

**HOW BREASTFEEDING CONSULTATION
HAS MADE A HUGE DIFFERENCE FOR
MOMS LIKE JULIAN WOTHERSPOON
AND BABY SULLIVAN P. 5**

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FREE

CITY FACES

CATHEDRAL ART SCHOOL AND STUDIO

New art school makes Regina a more colourful city

By Iryn Tushabe

As a little girl, Carla Lorence discovered art and knew right away it would become a big part of her life.

She entered numerous art contests and quickly emerged successful. And the recognition that she had an artistic skill brought her so much confidence.

Now, as an adult, Lorence wants others to have the same confidence in, and love for, art. That's why she has started the Cathedral Art School and Studio, the first of its kind in Regina.

"I think it's more common to see kids getting put in activities like sports, but the arts are just as important for kids," said Lorence, adding that the arts boost creativity, self-discovery and problem-solving skills for children—and adults.

In fact, some of her adult classes, like the pottery class that's up days before registration, which began Aug. 3.

The kids' pottery class was almost full by the registration date as well, an indication to Lorence that her classes were greatly needed in the city.

The school offers a variety of classes for kids and adults at all levels.

Lorence has been an art teacher for 18 years and will be teaching art to home-schooled children.

"I'm very familiar with the art education curriculum so I'll be teaching grade-appropriate, home-school classes based right on the Saskatchewan Education Curriculum," she said.

And there's a place for seasoned artists at Cathedral Art School and Studio as well. Artists will be showcasing workshops at the school, to share their techniques and skills with members of the community.

During open studio sessions, artists can pay a drop-in fee to use the studio space for working their own work.

While the artists are required to bring their own supplies, they are free to use the studio's equipment as



School owner and art teacher Carla Lorence says the arts boost creativity, self-discovery and problem-solving skills for children and adults. (CP Photo by Iryn Tushabe)

including pottery wheels and the kiln.

Lorence said she saw a need for a place for artists to go and work.

As a painter and ceramic artist, Lorence has always worked on her kitchen floor, which is not ideal.

"To have a studio space where artists can come and work is, I think, important and definitely something that's needed in the city," she said.

Born and raised in Regina, Lorence describes herself as a Prairie girl.

She went to the University of Re-

gina where she majored in education and graduated with an arts education degree.

After her coursework in 2003, she got a job with the Prince Valley School Division and has taught art at a variety of schools including ones in Pilot Butte, Fort Qu'Appelle and Regina.

But in those public schools, Lorence only got to teach art some of the time.

"So for me as an artist and some-

one, who's passionate about art, I wanted it to be full time and do it my way," she said.

Cathedral Art School and Studio is located on busy, busy Albert Street—but that's not a problem. The beauty of the space draws out all of the street noise.

"All these cabinets were built by my hubby, so I'm so lucky to have a very lovely building," she said, gesturing at the shiny dark-coloured cabinets behind her.

For Lorence, art is a whole other language with its own customs and processes. It speaks to her.

She finds a lot of satisfaction in her guest months working with paid or pottery.

"It's just a very quiet experience—almost meditative in a sense," she said. "It's wonderful and I want everyone to experience that."

To learn more, visit the Cathedral Art and School website at www.cathedralartschool.ca.

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ON THE COVER P. 5



Johanna Beggs is internationally recognized for her research work and advocacy of breastfeeding. **QC PHOTO BY MICHELLE BERG**

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MY FAVOURITE PLACE P. 15



Nicholas Gies cheered his life at Gold's Gym's north location. **QC PHOTO BY TILAN HUBERT**

QC COVER PHOTO BY QC PHOTO BY DON HEALY

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NEXT WEEK: What is your most memorable moment from school? Email QC@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

How do you make sure your kids are being active enough?

"Spanish music is on 24/7 in our house. We listen to dancing, noon and night." — Kim Alba

"Remember his jelly jumper?" — Cassandra Kyle Wrenn

"Summer time is crazy as my son gets lots of outdoor play time. In the winter it is more of a challenge and we end up playing a lot of tag around the house on these colder days." — Shariela Strosser

"Tummy because the three older ones are addicted to their iPads (try to kick them outside but they just sit on the sofa and play with their video games)." — Pamela Patterson

"Our five-year-old likes his games but chooses to play their outside over games so that makes me happy!" — Courtney Wang

"My oldest is a couple of seasons' activities and we encourage lots of free play. In the summer (and about an hour in the winter) my kids spend a lot of time running around the back yard. We have a big open basement with lots of space (even around and below an inflatable climbing wall for when it is windy out). I definitely don't worry about whether they are active enough as they are both non-stop on the go!" — Amy-Sarah Aske (Derbyshire)

"I can compare the moment for me!" — Michelle Nease

"My three in sports at a young age. They achieve fun and the parents will love!" — Brian Lee Lumb (Alachua)

"The kids go to daycare during the day and their schedule allows for a lot of outdoor play. At home I will send them out to play if they have been sitting in front of the TV for too long! We also go for walks together and to different outings as a family!" — Chica Contreras

"I never had a problem with either of my kids. Both played soccer and field hockey. My son was also into with skate and never sat still. As adults they both continue to be active lives several days a week." — Judy S

"We register our kids in weekly activities such as Rempo, swimming, soccer and ball. Plus going for



walks, playing outside and riding bikes. It is so important they don't expect to be couch potatoes but enjoy moving around and being outside. The more we are outside the more they want to go. Plus they sleep better!" — Alison Cornish (Kokoi)

"Don't buy them video games, iPads, etc. and allow them to play outside without being bothered by parents at all! (I'm Get Dirty)" — via Rachel @ Alachua

"Walking and playing with the dog, swimming, yoga and breakdancing!" — Jara Rose

"Wacky soccer, basketball or just going kicked out of the house!" — Adam Greene

"Soccer live with them!" — Jordan Davis (Alachua)

"The problem is other ways around how to do so parents stay active with kids!" — Harprekash Aggarwal



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ON THE COVER

I see the importance of having an adequate resource base for women who are having children. — *Johanna Bergerman*

#BREASTFEEDING

Milk is just one part of the breastfeeding formula

By Angelina Irimici

Breastfeeding is a lot of things to Johanna Bergerman: it's kept her educated, won her awards and helped establish her independence.

In the 1980s, thousands of women had to choose between full-time work and child-rearing, but Bergerman wanted both. She found that combination in breastfeeding.

"I noticed that the health of my children was severely upset by working full-time," explains the mother of four. "I didn't have to spend sick time on my children. Breastfeeding my children was one way to allow me to integrate my roles of being a full-time worker and a mother at the same time."

Bergerman devoted her work as a public health nutritionist to not only educating and valuing nutrition but taking a particular interest in the impact it has on early childhood development and vulnerable populations. Internationally recognized as an expert, Bergerman extensively researched and advocates breastfeeding as well as other issues mothers face like maternal protection and parental leave.

She explains that breastfeeding benefits the baby's brain development, immune system, bonding and attachment in the first six to nine months. She adds as a part of reproduction, it's natural to women.

"If you don't breastfeed you're actually shutting down the system and the consequences of that are things like increased risk of breast cancer, depression and adolescents," says Bergerman.

In addition, it lowers the risk of disease in mothers, including Alzheimer's and diabetes, it boosts children's IQ and the neural research even breastfeeding is likely to prevent stuttering in children.

"When you are how breastfeeding saves lives, especially in emergency situations. I often question what happened to breastfeeding and the lack of validation it gets," says Bergerman.



Public health nutritionist Johanna Bergerman shown here at *Beats Rhythms in Saskatoon* is an internationally recognized breastfeeding advocate and researcher. CP PHOTO BY KATHY LEUNG

It was that question that sent her back to university in 1988 to get an honours degree in women and gender studies. She was working full-time and graduated in 2001. Bergerman attributes part of the answer to the malnutrition of hunger, which has interfered with breastfeeding. She works to ensure that mothers are equipped with the resources they need, whether it's about breastfeed-

ing, nutrition or support from other mothers.

Her efforts didn't go unnoticed; Bergerman won in the health and wellness category at the Saskatoon TWCA Women of Distinction Awards in May but she wouldn't want you to know that. She's extremely humble; her list of accomplishments is long, yet she won't be the one to tell you about them.

"She's not ever seeking to be anything special," says Wendy Strifak, a long-time colleague and one of the directors of the not-for-profit Saskatoon Breastfeeding Matters. She's worked with Bergerman as part of the organization which promotes and supports breastfeeding. She also describes Bergerman as compassionate, hard-working and forward-thinking. "Everything she does with work

is for women — for moms and their families."

Bergerman is sitting with a group of women, discussing issues like parenting, the value of women's work and gender equality. They've made themselves comfortable as mothers but may coaches in the living room area of the Mother's Centre at Station 30 West in Saskatoon.

Continued on Page 8

Sometimes I get myself into a little bit of hot water because people will say, 'It's my right as a woman, I should get to suck.' But I say, 'What about the baby?' — Kim Smith



The Saskatoon Breastfeeding Mothers group surrounds new mother Quincy Lurie with her baby boy at Girls' Night. QC PHOTO BY MICHELLE REED

Last fall, Breastfeeding Mothers helped to create the space that Bergerson and a group dreamed of almost 15 years ago.

The Mothers' Centre offers a non-judgmental space where mothers and children can drop in for a chat and coffee, planned activities or for support and guidance.

The women are discussing what it's like to work with Bergerson, either professionally or through the Mothers' Centre. They say she has a real gift, ending her gentle and knowledge-

able. But then Bergerson gets so comfortable — her modesty is lacking. So she blinks rapidly and says a few quick, yet genuine "thankyous" to the women.

Bergerson listens while the other women share. When she speaks, everyone becomes quiet and listens in her voice is soft yet confident.

Being an immigrant (from the Netherlands) I recognized that my mother didn't have a lot of support in her life as an immigrant mother," she says. "I see the importance of having

an adequate resource base for women who are having children."

It's not just breastfeeding that Bergerson supports, but a bigger picture of ensuring there are resources available for women, children and families, something that she says is a deficit in our society.

"Resources keep getting pulled away from women and children and it's such a critical phase of our early childhood development."

She says that with strong community came strong families, and that's

what she is trying to achieve. One way is through Breastfeeding Mothers, a group that Bergerson was integral in creating. Breastfeeding Mothers, which recently celebrated its 100th anniversary, is made up of health professionals and mothers. The group has four main initiatives to support families: playing up-to-date, accurate breastfeeding information to mothers; locally implementing the World Health Organization's baby-friendly initiative; supporting breastfeeding in public spaces and advocating for a

maternal health bank in the province. The group has formed a subcommittee dedicated to bringing a milk bank to the province and is working in stride, at least with the province's health minister and has an on-going petition in favour of a bank.

"The bank needs to be a resource for women in their goal to be past breastfeeding," says Bergerson. "If their babies need more resources, they need to be offered something other than formula."

Continued on Page 8

There's so much stacked against us as women and not a lot of support. These moms are saying, 'I really want to breastfeed' but nobody hears that. — Smith



Breastfeeding Mothers is a group composed of health professionals and mothers promotes and supports breastfeeding. The group is advocating for Saskatchewan's first human milk bank. qc.womeninneed.ca/BM

♦ ♦ ♦ ♦

When Julie Olsen was in the mid-30s of lactate with her first child, she had a startling thought: she wasn't going to have milk for her premature baby. This isn't uncommon, in premature births — often, mother's bodies aren't producing milk yet and the baby uses low formula before milk comes in.

"I was completely worried," she remembers of the baby's eight months ago. At that moment, her doubt had a solution: Facebook.

Created by a Canadian breastfeeding advocate, Human Milk 4 Human Babies is a Facebook page that creates a space for mothers to request and donate human milk. It's up to the recipient to screen the donor and make arrangements for milk pick up and drop off. There are 146 pages in

55 countries around the world and at least one page in each province in Canada. Saskatchewan's started in 2014 with 38 people and little milk donations. "says one of the page's administrators, Mirthe Nevolet, who is also part of Breastfeeding Mothers Now, the page has grown to over 400 "lites". Last year, over 5,000 ounces of human milk was donated through the page, but Nevolet says the number is likely much higher than that as many mothers, the donors after establishing a relationship in the past.

Olsen was one of them. The next night, her milk didn't come for over two weeks and baby Cooper was struggling to get milk from her breast. She shoulders when she recalls Cooper coughing formula in the neonatal intensive care unit. "It still haunts me to this day that he had to

have chemicals for his first meal."

She posted on the Human Milk 4 Human Babies Facebook page from Saskatoon and has had 17 different donor moms. Cooper hasn't had another drop of formula since.

If she had to find Cooper formula, he would have lost and so her body wouldn't produce as much milk. It's likely that, eventually Olsen wouldn't be breastfeeding.

"We saved my life," she says. "The money gift I would have had (if I did have formula) would be outrageous."

Although she's appreciative of the generosity of the donors, Olsen says the province and baby Cooper was struggling to get milk from her breast. She shoulders when she recalls Cooper coughing formula in the neonatal intensive care unit. "It still haunts me to this day that he had to

have chemicals for his first meal," she says. She posted on the Human Milk 4 Human Babies Facebook page from Saskatoon and has had 17 different donor moms. Cooper hasn't had another drop of formula since. If she had to find Cooper formula, he would have lost and so her body wouldn't produce as much milk. It's likely that, eventually Olsen wouldn't be breastfeeding.

♦ ♦ ♦ ♦

Now Smith speaks for babies.

"I have that thing inside of me saying, 'In anyone asking what the baby wants?' says the passion to end and accept the certified lactation consultant and donate. "Sometimes I get myself into a little bit of hot water because people will say 'It's my right as a woman, I should get to pick.' But I say, 'What about the baby?'"

Lake Berens, Smith is also a mother of four and was nominated in 2012 for a Woman of Distinction

Award for her work in breastfeeding education and mother support in Regina. Smith sits on the Saskatchewan Breastfeeding Committee's board as a mother's advocate and has been a La Leche League Leader since 2009.

While Smith advocates for all things breastfeeding, she knows what it's like to be at the opposite end. More than once, Smith has been asked to move and cover up while breastfeeding in public. She currently has a case with the Women Rights Commission after she refused to move while breastfeeding in a public pool.

"Too many moms go through this and milk more and stop breastfeeding in public because of shame. So I am using my voice to advocate for other women and more importantly the babies," she says.

Resources keep getting pulled away from women and children and it's such a critical phase of our early childhood development — Bergerman

But Smith wasn't always in contact, she had her own issues with breastfeeding. Although two of her children spent time in the NICU, she was determined to breastfeed them from day one. She experienced her own challenges like bleeding nipples from a bad latch and pump and her babies being too tired to nurse properly. She was often told she could only nurse for 10 minutes before moving to a bottle or tube.

"That was very defeating as a mom and I am sure for the baby, too," she says. "There's so much effort being put into feeding (them) to simply be told we weren't doing it right or good enough."

It's those issues that prompted her to become an International Board Certified Lactation Consultant (IBCLC) in 2010 after working as a health care provider. To get certified, she had to spend about 1,000 hours with moms and babies and write a full day exam.

"There's so much stacked against us as women and not a lot of support," she says. "These moms are saying, 'I really want to breastfeed,' but nobody here is that."

She's one of only a few private lactation consultants in the province. Smith travels to women's homes (or uses Skype if they are outside of Regina) and helps to create a positive breastfeeding relationship between mother and child. For \$200 an hour, Smith assesses the breastfeeding relationship, creates a plan for the family and provides follow-up non-consultation.

She says that there are too many moms running out on the idea of having a newborn because of their difficulty breastfeeding, but it doesn't have to be that way.

"I want to bring harmony back," she says.

She's done just that for Julian Wetherpoon, a mother of two. When Wetherpoon's first son was born in 2008 she noticed certain behaviours that didn't seem right. "It was always just dismissed," she explains.

That's when Smith came in — the two met a while later and Smith mentioned Wetherpoon's son's issues sounded like tongue-tie. The strong of tissue that attaches the



Left: Kim Smith, owner and breastfeeding counselor. Kim Smith (left) with Julian Wetherpoon and her son Sullivan when they were in newborns.

tongue to the floor of the mouth was too short. His tongue could do more freely, making breastfeeding difficult. When Wetherpoon, a dental herself, got pregnant with her second, she called Smith to be her doula and lactation consultant in the case of a similar problem. Sure enough, her second son Sullivan was displaying similar behaviour, but this time

Smith was on hand. She referred him to a dentist to get his tongue tie released and now works with the two to ensure healthy and simple feeding.

"The biggest difference is when she leaves, moms don't feel like they're doing everything wrong," says Wetherpoon. "I feel a lot more confident in what I'm doing and that

we're going to have answers."

She adds that she appreciates the time Smith spends with the families getting to know them well and building a positive and strong relationship.

"It's so rewarding that (I) just made a difference and everybody is happy," Smith says. "Moms are high on (the hormone) oxytocin, so

they have milk running down their chest." Her usual quick, energetic voice softens for the first time. "The tears are crying, moms are crying, dads are stressed out. And I know that mom little family like 'That's OK we can do this. The baby is fed really well and we have a plan.'"

"It's so much more than just milk."

SPACES



Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email qc@leaderpost.com

REGINA'S BEST SPACES

Couple's garden a spiritual place

By Ashley Martin

WHO? Dobra Wozniak and her husband Keith Buzars

WHAT? The garden of their backyard in Regina's Cathedral area.

WHEN? The couple bought the lot and built a home in 2005. The following spring they started the journey of landscaping the yard, planning and mapping things out.

"There was nothing in this yard, not a tree or anything," said Wozniak, who was attracted to this place for two reasons: She always wanted to live in Regina's Cathedral area, and she wanted a large yard so she could create mysterious pathways.

"When we found this lot I was just so excited because... the ability to have long pathways was really possible in this yard."

HOW? Wozniak knew she wanted different elements in her yard — succulents, arctic garden, pathways, dry river beds, a water feature and a couple of string areas.

"I tried to use every piece of space that I had," opening before and colour with several hundred shrubs and flowers. Redbuds, crazy daisies, clematises, barberry bushes, box hedges and passmore bushes to ornament the space. Just as all of the stone in the yard came from her husband's family farm in Tisdale — they haied in 12 truckloads of flat rockstone to create the natural lower bedpaths.

Everything took shape over two summers, and it's a continuous work in progress. Wozniak believes in trial and error. "I don't try to design myself."

She spends at least two hours a night working on it, but it's no bother.

WHY? Wozniak credits her parents and two grandmothers for instilling in her a passion for gardening.

"I was born in a garden. I've been watering right from a really small childhood. I never find it stressful. I like the hard physical work. It's in our genes, working hard to good it's so rewarding."

Strolling excursions near her Buddha or the water feature is how she relaxes.

"I sort of use gardening as my meditation and spiritual practice and de-stresser. I spend a lot of time out in the yard."

She hopes to inspire others to appreciate gardening.

"You don't have to have something as complicated and as labour-intensive, but the actual act of growing and working in the soil and producing and seeing the rewards of the kind of beauty I think is something I hope more and more people get into."

"I think it connects us back with nature and earth and helps us create... a respect for wanting to take care of the earth and nature."



QC PHOTOS BY DON HEALY

INVENTORY

We want to hear from you: Tell us about your local business.
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OFFKIDS

Locally owned and operated since its inception OffKids is a must-see if you're into board sports. In summer, think wetsuits and skateboards. In winter, that means snowboards. But OffKids offers more than just the boards, with everything from shoes and T-shirts to sweaters, outerwear and sunglasses — because you've gotta look good, and be prepared when you're hitting the lake, the streets or the slopes. The store also puts on several events each year including snowboard trips and this weekend's Summer Invasion Open events all of the week at two locations: 2581 Queens St. E. and 4305 Redcliffe Blvd. OffKids also runs SuperCone, offering kids clothing and boarding needs, right next door to the Queens Street location.

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FASHION

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SASKATCHEWAN FASHION

Michelle Lam: A different dress every day of the year

By Angelina Irlinics

If Michelle Lam could wear a dress every day of the week, and you probably wouldn't see her in the same one twice, with a closet filled with around 300 dresses she has a different one for every day of the year.

"My closet needs to be extended. It's bad," she laughs. "I only wear skirts and dresses."

This 22-year-old was brought up to be a "girly girl" — her mother dressed her up since she was a baby and put her in gymbnastics and dance, so she got to dress up even more. The two tend to swap shopping and Lam says that her mother is her biggest inspiration when it comes to fashion. Fast in time, Kate Middleton. "I think she's so elegant and classy," Lam gushes about Middleton. "She's super feminine and everything she wears looks amazing on her."

Lam has that in common with her celebrity inspiration: not to mention the two share the same style. Lam's outfit choices are dependent on her mood and the season, but there's one thing that remains constant: "Being girly, feminine and wearing clean lines."

Like many fashionistas, Lam sees her wardrobe as a form of self-expression and uses it to showcase her likes and dislikes.

"Everyone has their own sense of style, so it makes you feel unique and special," she says. "I think that's so important for my own self-confidence and self-esteem. Every girl needs that in their life."

Lam has always been creative — she likes to paint and wants to start a fashion blog, but her busy schedule of studying to get into law school and working as a customer service manager at TD Bank doesn't leave her with a lot of free time. Thankfully she still has an outlet.

"Fashion allows me to be creative every single day and I think that's important."

She regularly posts pictures of her outfits on her Instagram account and spends plenty of time on Pinterest looking at wardrobe notions. She often sees something on Pinterest and has a must-have moment, she searches for it and live until she finds the piece. She also uses the website to search for things that reflect her own taste, all of which leads to friends asking for fashion advice and to add her closet.

Lam does most of her shopping online and looks to websites like Lululemon, H&M and Forever 21. She admits sometimes it's tricky to make a purchase without bringing anything home, but she rarely has to return items because she knows what works for her body type.

Since Lam has mastered the art of seamlessly outfitting her outfit, online shopping and exploring her seasonal style, friends asked her for fashion advice for those who are finding the new style.

"Don't try to be somebody else. Be your own person and only wear things that make you feel good," says Lam. "Don't wear things that you think somebody else would like. Just wear what you think looks good on you and (keep in mind) how it makes you feel."



Michelle Lam enjoys a beautiful summer day in one of her favourite dresses in a candle field next to Saskatoon, Quebec in mid-July.



Outfit:

- DRESS** Lush from Lululemon's own "It's really bold and summery and it has the Aztec design, that's super awesome for summer."
- HAIRBAND** Forever 21
- PURSE** Aldo
- RING** Gifts from her mother
- WELLY** Value Village. "You've got to love a good brown belt for everything and I wear it almost every day."
- WATCH** Michael Kors in Edmonton. "I like it because it still has that boyfriend hand feel but it's still classy and girly."
- GLUE BRACELET** A gift from a friend who bought it at a street market in India.
- SHOES** Spring. "I like this little braided design and the colour is perfect. I'm obsessed with turquoise right now."

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IN THE CITY

AUGUST 18, 2013 — 2:20 P.M.

A whirlwind tour



Robert Fekken (centre left) of Heritage Reggae leads a weekend walking tour focused on the RAO through St. Rose's Centre in Reggae. QC PHOTO BY MICHAEL MILL

YOUR FAVOURITE PLACE

QC wants to hear about your favourite place in Regina. Email qc@leaderpost.com

MY FAVOURITE PLACE

Young dad's life-changing gym membership

By Iryn Tushabe

Nicholas Davis is tall and heavy. You wouldn't tell by looking at him that two years ago, he weighed nearly 300kg and wore a size XXXXL.

Then 34, Nicholas couldn't keep up with his three-year-old son and all his clothes had to be custom ordered. He decided something had to change.

He bought a membership to Gold's Gym and began a journey that has transformed more than just his physique.

Q How much do you weigh now?

A 240 pounds. He lost last 100 pounds over two years.

Q How did you get started?

A I basically went and got a gym pass at Gold's Gym and started going. I didn't know anything about what to do in the gym or what machines to use. I'd basically look at what other people were doing and I'd say "I can do that." I also did a lot of research online. I give a lot of credit to freely available knowledge.

Q What's your routine at the gym?

A Right now, I go four to five days a week and every day, I do 45 minutes to an hour of cardio. So 45 minutes on an elliptical, with high resistance, so I'm struggling as hard as I can to get through those 45 minutes. Then I go on a bike for 15 to 20 minutes. I separate my workouts through the week, so one day I'll do arms and chest and the next day I'll do back and shoulders and the next day I'll do legs. For each workout I always incorporate core so I always do 20 minutes of core workouts in every session.

Q When did you start to see results?

A I'll see results here and there but then I would hit plateaus where I would see no results and I'd have to examine what I was doing. So I'd look at the workouts I was doing, the food I was eating and stuff like that. There were many ups and downs where some weeks you just feel like you're going to the gym and McDonald's looks so tasty and you indulge and then you feel guilty and then you go harder in the gym to get back to where you were. I personally believe that it's 70 per cent food and 30 per cent gym. A lot of people have the misconception that they can just go to the gym and then eat whatever they want, but food and exercise go hand in hand.

Q How different is your life now that the weight is gone?

A My confidence is through the roof. In high school, I couldn't even do a 10-minute run in the gym and now I can jog around Winona Park in 24 minutes — that's my current record — and that's a huge for me. It really makes it that much more sweet that I didn't have to go through a personal trainer.

Q Why is it important for you to share your story?

A I think my story could inspire someone else to start their own weight loss journey.

I know that there are girls and boys out there who are in the same place I was and they are not feeling the motivation or drive to go to the gym. So, I think seeing someone that did it on his own just shows them that if you commit, anything is possible. My goal is to become a personal trainer. When I reach my goal of losing 300 pounds, I want to get certified and I think it would be a great possibility to show clients what I can help them accomplish.



Nicholas Davis works out at Gold's Gym's north location. His journey place in Regina goes on in this column.

ON THE SCENE

To view more On the Scene photos, visit [Facebook.com/QCRegina](https://www.facebook.com/QCRegina). Tag your friends!

PREMIER'S GOLF BALL



ON THE SCENE

PREMIER'S GOLF BALL

Sushi, a car show and a "premier" auction. The Premier's Golf Ball Luncheon, held Aug. 19 at the Regina Golf Club, was an eclectic evening. In support of the Autism Resource Centre and Habitat for Humanity, the Saskatchewan Party event showcased old and new cars from BMWs to Ferraris, and a fireworks show that was delayed due to some late-running train cars. But the highlight of the evening may have been when Premier Brad Wall joined The MacEwanian stage entertaining the 350-person crowd with his barndo-playing abilities.

1. A view of the Premier & Gord Bathfield at The Royal Regina Golf Club

2. Taylor Beretta and Alex Rhodes

3. Kevin Pace and Denise Blain

4. Jacob Pace and Molly Thomas

5. Mariska and Doryl Andrew

6. Welter Feelyk and Justin Boucher

7. Brenda and Barry Rodio

8. Kim Kohn and Ken Ziegler

9. Michelle Hunter, Michael Ockerken and Martina Boucher

10. Ahmed Farooq and Potanya Chaturvedi

11. Jason Garmo and Harvey Linnin

12. Mary McCollum, Tanya McGroes, and Karen Weiss

13. Bill Cowen, Luciana and Warren Steadly

QC PHOTOS BY MICHAEL BELL



SHARP EATS

See a food trend you think deserves a highlight?
Email qc@leaderpost.com or visit us on Facebook

SASKATCHEWAN FOOD TRENDS

Mustard is tops in Saskatchewan

By Jenn Sharp

Every year Regina's Willow on Wascona plays host to a bevy of fine Saskatchewan chefs serving up their imaginative eats featuring mustard as the star ingredient. The Great Saskatchewan Mustard Festival is all about celebrating the province's famous oilseed. Festival organizer Melissa Craig (executive chef and partner of Regina's River Brothers and Willow on Wascona) says: "We want to get people into mustard and recognize the fact that Saskatchewan is the world's largest producer of mustard."

About 90 per cent of the world's mustard comes from Canada, while 75 per cent of that mustard is grown in Saskatchewan. Mustard is more than a single yellow ingredient to put on your hot dog. At this year's family-friendly festival on Aug. 30, it's chefs are vying for the people's choice award as a friendly competition. The \$8 entry fee provides all you can eat access to try the different dishes.

Chefs agree — mustard trumps ketchup (literally) every time. What is it about mustard that makes it so universally loved in kitchens? Or better yet, why is mustard better than ketchup? I asked a few Saskatchewan chefs for their feedback.

"Mustard has so many great qualities to it — texture, heat, acidity, tanginess — it's the difference between a good sandwich and a great sandwich. Let's see ketchup do that."

— Dale Mackay, winner of Top Chef Canada Season 1

"Coming from a mustard country in the UK, (Saskatoon's) (Horwath) mustard should be used to enhance food, where ketchup is designed to smother food. Each has a purpose in the food world, but mustard has class."

— Simon Reynolds, chef and owner of Skonzo's Fine Foods

"I like mustard because it can either add excitement or embrace the Boreas you're using. Add ginger, chili, heat or fresh herbs and it's a whole different ball game. Speaking of ball games, you can't have a hot dog without it."

— Rusty Perna, executive chef at Dakota Dunes Casino

"Two words: mustard pickles. Items earned cucumbers, cauliflower and pearl onions in a creamy tangy mustard sauce. This brings memories of tastes of home and deep love by."

— Keria Tets of Executive Chef

I personally love both mustard and ketchup. Being born in India, I was introduced to mustard before ketchup, though not as a mustard sauce (We had) mustard in different forms. For instance, as a marinade or even in curries and my favourite — an aloo chut. The ketchup in India has a different personality too — chut ketchup, sweet and sour ketchup, we even make ketchup-out-of-beetroot and sour mangoes."

— Aditiya Reddy, executive chef at the Hotel Saskatchewan

"Even though ketchup is an old store condiment, it lacks the complexity and depth of mustard. Making your own mustard and its variations is one of life's challenges and one of the pleasures."

— Darren Chedlock, executive chef at the Kinsmen's Country Club

"Well it would be very hard to say one was better than the other. Personally ketchup plays a very tiny part in my life (dipping foods). I don't see it as cooking but mustard — that is so versatile. It has a few rivals in life's kitchen made ketchup in the past. It's great for mustard sauce pickling — imagine trying to pickle asparagus in ketchup."

— Anthony McCarthy, executive chef at the Saskatoon Club



PHOTO COURTESY SASKATCHEWAN MUSTARD DEVELOPMENT COMMISSION



Chefs sample a variety of mustard recipes at the Great Saskatchewan Mustard Festival every year on the Willow on Wascona patio in Regina. PHOTO COURTESY MALCOLM BEGG



Mustard comes in a variety of forms, including prepared whole bean and powdered. PHOTO COURTESY OF THE SASKATCHEWAN MUSTARD DEVELOPMENT COMMISSION

GREAT SASKATCHEWAN MUSTARD FESTIVAL

WHAT YOU NEED TO KNOW:

- Willow on Wascona patio, 3500 Wascona Dr., Regina, S4S 0B9 3A5
- Aug. 25 from 11 a.m. to 4 p.m.
- Chefs from 15 restaurants serving up eats featuring Saskatchewan mustard
- \$30 entry includes a mustard festival T-shirt, a bottle of French's mustard and all you can eat access
- Entertainment by the Pie Of Bones Brass Band
- Enjoy Great Western beer and a Mutt's Climate station featuring a mustard festival concert
- Getting a limited to get there early if you prefer to sit while you enjoy your mustard eats. Last year over 1,000 people turned out.
- For updates on Twitter: [@festilow](https://twitter.com/festilow)

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

DONNA MILLER

Black Fury the first in Help Me I'm Naked series

I've always wanted to write. When I was 16 I wrote a story about a wild cat and that opened the venue of a valuable young man, trapped in an overhauled trailer.

I also liked to daydream. I'd daydream sitting under a tree, while watching birds, everywhere. I used to be one of my favourite activities. I could create whatever reality I chose. My father didn't really beat my mother and I must certainly was not a really helpless little girl with Einstein like hair. I was a powerful teenager who went about sleeping out on in that world. I was Black Fury!

I grew up, got married and began raising a family of my own, six children. Though busy I managed

to write a little now and again, even finishing a sci-fi, which I hope to someday get published.

Then my kids left home. I began writing a fiction novel, using bits and pieces of my life but with a story book ending (we writers are lucky in that we can give ourselves any ending we choose). I joined the RoseTown Writers Group who publicly informed me that my writing was rubbish. I was devastated. Fortunately a couple of the members took me under their wings "Try writing your story, your true story, and in the first person."

Good, I thought, and what about my nice fairy tale ending?

I struggled at first but I did it. Then I scrapped, saved and found



Author Donna Miller

a publisher/reader to help me self-publish. In December of 2013, I became the proud mother/author of the book Black Fury. In March of

this year, my book took first place in two fiction at the Great North West Book Festival.

Black Fury is the first of a series entitled Help Me I'm Naked which is my mother's, my sister's and my story.

Black Fury is available at most bookstores as well as online through www.greatnorthwestbooks.com as an e-book and chapters as. A big thank you to them and to those other vendors.

RoseTown and Delta Group, RoseTown and Biggie Press/Books, Delta and RoseTown, Antique Books, Gary Corner Cafe in Halford, Sandy Ridge store on Highway 14, and The Store in Perdue.

You can also "like" Black Fury on Facebook.



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11:00am - 1:00pm BBQ Lunch (after tour)

1:15pm Entertainment by the Celebration Singers!

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25+

MUSIC

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THE FOGGY NOTIONS

Seasoned band is full of laughs and good music

By Angelina Irmioi

Saskatoon's Foggy Notions have the best of both worlds: Music and friendship.

It all started with married couple Robin Beaudry (guitar and vocals) and Jennifer Weber (drums and vocals). In 1994, drummer Charles Lemire and another guitarist, who is no longer part of the group, joined. The four released a successful album in 2011 called *Reckoning in Red*. Two years later, keyboard player Drew Davies (who's decided to go by Drew for this interview) joined, followed by Chris Laramee, who replaced the old guitarist. The group's newest member Terry Mattson joined just a couple of months ago. He was asked to fill in for Laramee for a show and he's been with the band ever since.

"I passed the test and the test is history," he jokes, followed by a burst of laughter from everyone else.

Laughter isn't a waste among the group. They joke, fun and seamlessly play off of each other's jokes. Likely because they are all old friends and nearly all of them have played in bands together in the past.

"We drink our old wines and then we play," explains Laramee. "There's not much drama or baggage that sometimes goes with (music)."

Although they are all extremely comfortable with music, The Foggy Notions don't take themselves too seriously.

"I think that's how you stay together for so long," says Beaudry. Laramee, adding that he feels privileged to still be playing as seriously as such a tight-knit group.

"I think it's more to be (that) comfortable as a band."

Each member — with the exception of Laramee, who hasn't parked up a guitar until after he was 40 — has been involved in music since they were children. And after playing for so many years, you don't have a thing or two.

"We don't have delusions of grandeur like we're going to make it," says Mattson. "But, we're all



The Foggy Notions: Robin Beaudry (guitar/vocals), Jennifer Weber (drums/vocals), Charles Lemire (drums), Chris Laramee (guitar), Drew Davies (keyboard) and Terry Mattson (guitar). PHOTOS BY MICHELLE BELL

enough now that we know better," laughs Weber.

Weber reminisces about a show the group played in Edmonton. They took the stage after a few younger bands and she chuckles when she talks about their old van with no heat. "That I liked going to there (like that) I liked our group."

"We were like aging rock 'n' rollers," Davies chuckles in and the group's laughter comes out again. They make jokes about their ages (38 to 46), their old school gear breaking down and the younger kids taking their shirts off. — the thought of taking their own shirts off at a show sends them into hysterics.

Although they are older than some, their music is fresh, easy to listen to and the group's combined music experience is obvious. It took about a year to write, record and master their

newest album, *Dissed*, which will be released this weekend. Part of it was mastered in the UK — a common ground and large migration to the group. Beaudry and Laramee first bonded over UK bands and that's how Beaudry and Weber first met years ago at a Stone Room show.

It was a conscious decision to move away from the jangle, power pop (driving melodies and prominent guitar) sound of the previous album says Beaudry. The group wanted to go the opposite direction with a sound that they have a hard time playing. Beaudry finally withdrew saying that it's a more "fat" and "measured" album.

Check it out for yourself! The Foggy Notions will be performing — with their shirts on — this weekend at their album release show (with Stone and The Moxie) on Saturday at Amuse in Saskatoon.

What is your favourite part of playing In The Foggy Notions?

BEAUDRY — "Playing music with my wife and my friends."

WEBER — "I don't write songs very fast, or very often. But, it's really nice to have a group of people that can bring those things to life because it's people who get what you want to do."

LEMIRE — "I just love drumming to this kind of music. It suits whatever I feel."

DAVIES — "It's great to be in a band with like-minded individuals and you didn't have to seek them out on Kijiji or Craigslist." (Laughs)

LARAMEE — "I like the laughter, liquor and the great, great songs. I consider all these folks my best friends and I'm so lucky to play with them and we're actually pretty awesome. I think (laughs). It's creatively great and everything rolled into one."

MATTSON — "I get the opportunity to play music that I love with people that I love. They're such good friends of mine. I love to play music so (it's) containing good friends and good music."

EVENTS

MUSIC

Wednesday, Aug. 21

Wednesday Night Folk Dr.
David & Elizabeth
 Bushwacker
 2206 Denison Ave.

Uplight Festival
 Cawara Arts Centre grounds
 200 Lakeshore Dr.

Jazz Night
 Every Wednesday
 McNally's, 2226 Denison Ave.

Kingsland, Party Cat
 The Club at the Exchange
 2431 8th Ave.

Thursday, Aug. 22

Lekel
 Lezer, Regina Downtown
 same-old same-ol
 F&E Hill Mall, South Street

Helen Reddy
 Cawara Regatta Show Lounge
 1650 Saskatchewan Dr.

Brian Kelly
 The Pump, 641 Victoria Ave E

Hale, Victory Kicks, Rye
 McNally's, 2226 Denison Ave.

Friday, Aug. 23

Rockie for Crohn's and Colitis
 Featuring Day Trix, Val Halla,
 i Automatic, Nemo Shell Sea
 Tompse and New Century
 Seapies
 8 p.m., The Exchange

Brian Kelly
 The Pump, 641 Victoria Ave E

Big Chill Fridays with DJ Furbot
 The Lancaster, 4326 Gordon Rd.

Monrovia Allie, Jack Reed, The
Fortemore Isles
 Orlanora's, 1347 South St.

The Snake Oil Salesmen
 The Gravel Club
 1727 St. John St.

Jack McNally
 McNally's, 2226 Denison Ave.



Val Halla playing in a Rockie for Crohn's and Colitis event on Friday at The Exchange. Her to-campaner Val Halla.

Saturday, Aug. 24

Andy Sheu, Nick Page and
the Gasulites, Merrin Chan
and Alanna
 The Club at the Exchange
 2431 8th Ave.

John McEwen & Band
 McNally's, 2226 Denison Ave.

Brian Kelly
 The Pump, 641 Victoria Ave E.

Monday, Aug. 25

Monday Night Jazz & Blues
Uplight Jazz
 Bushwacker
 2206 Denison Ave.

The Dennis Hyslopian Band
 Marilyn Old Time Dance Party
 Cawara Regatta Show Lounge
 1650 Saskatchewan Dr.

Tuesday, Aug. 27

Tuesday Night Troubadour
Jazz Night
 Every Tuesday, 8 p.m.
 Boadwin, 2037 Park St.

Julia & Her Rascals
 Orlanora's, 1347 South St.

ART

Proclamation West
 Large format black and
 white photographs by Robert
 Michel and Robert Pohl
 capture the frontier spirit, the
 wide open spaces and the
 ruggedness of the western
 provinces.
 Until Aug. 30, Art Gallery of
 Regina, 2429 Saskatchewan St.

Samuel Art Market
 Aug. 23, Cathedral Neighbor-
 hood Centre, 2990 13th Ave.

Play
 An interactive installation
 by Kathleen Meek and Jeff
 Morton, using piano reeds
 and images.
 Until Aug. 25, Dundas Art
 Gallery - Central Library, 2381
 12th Ave.

Disorientation
 Saskatchewan Craft Council
 shows Until Aug. 25
 Montfort Art Gallery, 3475
 Albert St.

David Gernsmau
 Until Aug. 31, Myrtles Gallery,
 2708 13th Ave.

How We Filled the Vault: 65
Years of Collecting
 Until Sept. 1, Montfort Art
 Gallery, 3475 Albert St.

Sam Steink: The Journey of a
Canadian Hero
 Until Sept. 2, RCMP Heritage
 Museum, 5907 Denison Ave.

Moon Beams and Night
Drawings
 A retrospective of painting
 and mixed-media by Joanne
 Shannon
 Until Sept. 6, Hague Gallery,
 Creative City Centre, 1843
 Hamilton St.

How to Make a Museum
 Until Oct. 20, Saskatchewan
 Centre, 2803 Prowse House Dr.

Graphic Arts: The Jane Year
of Canadian Art
 Until Nov. 24, MacKenzie Art
 Gallery, 3475 Albert St.

The Artists of 3rd Street Melba-
ron Fine Arts
 New exhibition opening
 until July 31, 2008, Regina Cen-
 tre Crossing, 1621 Albert St.
 —
Avonlea Gallery
 2388 Smith St.

Open Tuesday to Friday 10
 a.m.-5:30 p.m., Saturday 10
 a.m.-5 p.m.

Nouveau Gallery
 2146 Albert St.
 Open Tuesday to Saturday, 10
 a.m.-5 p.m.

State Fine Art Gallery
 2076 Malton St.
 Open Tuesday to Friday, 10
 a.m.-6 p.m., Saturday 10 a.m.-
 5 p.m.

COMEDY

Pass the Hat
 Aug. 23, 9 p.m.
 The Club at the Exchange
 2431 8th Ave.

Comedy Strid
 Every Saturday night
 Gabor's, 1336 Denison Ave.

Herts Khart Stand-Up for the
Welfare of Animals
 Fundraising comedy show
 Aug. 23, 8 p.m.
 The Artful Dodger

THEATRE

You're a Good Man, Charlie
Brown
 Prairie Skies Musical Theatre
 Tuesday through Saturday
 until Aug. 24, 7 p.m.
 Saturday matinee at 2:30 p.m.
 in 45th east of Regina, near the
 Village of Edenvalley
 www.prairieskies.com

Historical Vegetables
 Saturday and Tuesday after-
 noons until Aug. 31, 1-4 p.m.
 Government House, 4507
 Denison Ave.
 RCMP Heritage Centre, 5907
 Denison Ave.

SPECIAL EVENTS

Regina Farmers' Market
 Every Wednesday, 9 a.m.-1
 p.m.
 City Square Plaza, downtown

Words in the Park
 Hosted by Saskatchewan
 Writers' Guild
 Aug. 21, noon-1 p.m.
 Victoria Park, downtown

Word-Up! Wednesday poetry
slam
 Aug. 21, 7 p.m.
 Creative City Centre, 1843
 Hamilton St.

Vocation Mile 3 school
 Investigation Station - Where
 Kids Investigate God's Word
 Games, snacks, songs, stories,
 crafts and more. Free for chil-
 dren aged 4-12. Call Debbie at
 306-701-5257
 Aug. 19-23, 9:30 a.m.-noon
 Hill Avenue SDA Church, 2720
 Hill Ave.

Women's soccer
 U of R vs. Manitoba
 Aug. 21, 5 p.m.
 U of R Field

Women's soccer
 Innesburg Game
 Aug. 21, 5 p.m.
 U of R Field

Yoga Party with Heidi Tree
Haga
 Aug. 23, 8-9 a.m.
 Victoria Park, downtown

Salon on the Plaza
 Hosted by Regina Salons
 Aug. 23, 7-9 p.m.
 City Square Plaza, downtown

Art in the Park
 Hosted by the Dundas Art
 Gallery
 Aug. 23, noon-1:30 p.m.
 Victoria Park, downtown

Friday Film Fun
 The Lions
 Aug. 23, 2:30-4:30 p.m.
 Royal Saskatchewan Museum, 2445
 Albert St.

Garden Festival
 The Regina Horticultural
 Society is hosting a free educa-
 tional display of flowers and
 garden-related produce
 Aug. 23, 9 a.m.-5 p.m.
 Aug. 24, 9 a.m.-5:30 p.m.
 Golden Mile Shopping Centre,
 3606 Albert St.

Yach, Test and Tune
 Aug. 23, 5-6 p.m.
 Kings Park Speedway

What you need to know to plan your week. Send events to QC@leaderpost.com

U of R Bears vs. Manitoba Bisons

Aug. 23, 7 p.m.
Moose Stadium

Regina Farmers' Market

Every Saturday, 9 a.m.-1 p.m.
City Square Plaza, downtown

In Full Bloom

Plant in the Gardens with
Nico
Aug. 24, 10 a.m.-4 p.m.
Government House/Edwarden
Gardens, 4607 Dowdway
Riv.

Chain Reaction

Saturdays in the Sunnier
Aug. 24, 3 a.m.-3:30 p.m.
Regal Bank Museum, 2443
Albert St.

A Taste of the Middle East Dinner and Sale

Food, folklore, dance, music

and more

Aug. 24, 11 a.m.-6 p.m.
Senior Citizens Centre, 2434
Epiphany St.

Yoga in the Park

Arthritis Society/Landstar
Aug. 24
Neil Garfield Civic Arts Centre,
2420 Saskatchewan St., Regina

Center Stage Greg Zane

Aug. 24, 8 a.m.-5 p.m.
Hill Centre Tower, Ldowntown
Regina

Season Finale featuring Western Elites

Points Race #10
Aug. 24, 6 p.m.
Kings Park Speedway

Saskatoon Hilltops of Regina

Thunder
Aug. 24, 7 p.m.
Moose Stadium

1975 Annual Tour de Lum- den Miles Corporate Chal- lenge

Aug. 25, starts at 7 a.m.
Urbis Park on James Street,
Lumden

Great Saskatchewan Mus- tard Festival

Aug. 25, 11 a.m.-4 p.m.
The Milliken Warehouse, 3009
Wassena Dr.

Heritage Regina Walking Tour: The On-to-Ontario Trek

and the Regina Plot, 1935
West side of 6th Avenue in
Victoria Park, corner of Scarth
and Victoria Avenue
Aug. 25, 3 p.m.

Enduro Event

Featuring non-stop rolling
demo dirt rally action
Aug. 25, 2 p.m.
Kings Park Speedway

Craft Days

Aug. 26 and 27, 10 a.m.-5 p.m.
Government House, 4607
Dowdway Ave.

YogaFlow with Genevieve

Heiber
Aug. 26, noon-1 p.m.
Victoria Park, downtown

Chess in the Park

Aug. 27, 11:30 a.m.-1:30 p.m.
Victoria Park, downtown

NEW MOVIES

The World's End

Twenty years after attempting
an epic pub crawl, five child-
hood friends reunite. They are
convinced to stage an enema
by male Gary King (Simon
Pegg), a 40-year-old man
trapped at the opposite end of
his teens, who drugs his re-
-

tired pals to attempt to reach
the faded pub — The World's
End. They realize the real
struggle is for the future, not
just their boy-havened
teaching. The World's End is
the least of their worries.

You're Next

Harper
Crispin Deaton (AJ Bowen)
and his girlfriend (on his pa-
rents on a boat/Pulitzer) to
celebrate their wedding an-
niversary. The vacation quickly
turns to terror when mysteri-
ous killers stalk the family.
Fortunately one of the Deatons
has a secret that could
save them from an untimely
fate and help them fight back
against their attackers.

Glassed Grouper

Thriller
Following an explosion in a

busy London market, two ex-
ceptional lawyers (Eric Sme-
thorpe, Deborah Hall) with a riveting
history step into a dangerous
web of secrets and lies.

Galaxy Cinema

423 McEwen Blvd. N.
304-522-5098

Cinema Online

Southland Mill Centre, 3025
Gordon Rd. 306-565-3383

Regina Public Library Theatre

239 12th Ave., 306-771-6104

Kramer 3604

2903 Powerhouse Dr.
304-522-6678

Rainbow Cinema

Golden Mile Shopping Centre
3406 Albert St., 306-329-5250

CAREER OPPORTUNITIES



D&D Oilfield Rentals is now hiring for the Position of **Well Site Technician** in our Weyburn shop.

Experience with repairing RV units would be a
definite asset, as well as experience with
HVAC repair and maintenance.

Physical fitness (some heavy lifting) and a strong
mechanical aptitude are both required.

An RV technician certification would be desirable,
but training is available for the appropriate candidate.

Qualified candidates may email a resume to:
weyburn@dodol.net
with the subject line: Well Site Technician

CAREER OPPORTUNITIES IN QC

To advertise or for more
information please contact your
Leader-Post advertising
Career Sales account executive
or call (306) 781-5240.

OUTSIDE THE LINES

Colouring contest

Each week artist Suzanne McKee creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to oc@leaderpost.com by 5 a.m. Monday.

One winner will be chosen each week. Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Sarah Yip**.

Contributions? Thanks to all for your colourful submissions. Try again this week!



PERFECT POUTINE!

Tender pulled pork piled high on a bed of slim on fries, gravy & cheese curds, topped with coleslaw. A triple wow!

Rick's
RESTAURANT

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regina.gotorickys.com



WINE WORLD

LINDEMAN'S EARLY HARVEST SHIRAZ

Calorie counts on wine much easier to find

By James Romanow

It has been standard stuff for a couple of decades to flip over the front package and look at the back label for information: calories, fat, vitamins, etc. Winemakers have been resistant to such labels but in the last couple of years, vintners (with their eye on the educated young consumer) have realized the market expects this kind of information.

Like many other revolutions instigated by women, this change is for the better. A beautiful example of this packaging is Lindeman's Early Harvest Shiraz. Normally the longer grapes hang the more sugar they have. Late harvest wines are dessert wines. Younger wines are lighter in both alcohol and sugar.

The back label has a useful sweet/dry guide and a surprisingly accurate description of the taste profile. (Often back label tasting notes are written by marketing departments and should be ignored.) The front panel is misleading, probably for good reason. It appeared dramatically after the bottle was open for about an hour, and the metallic color cleared off. There is also a calorie count (89 per 100 mL) if you're interested.

Normal red wine has 80 per cent more calories, mostly due to the alcohol. This wine means it is at least per cent alcohol by volume versus the 11 per cent plus of most Aussie wine. @ to think



cherry flavored with a slight amount of acidity and tannin. The front label calls it smooth and light bodied. That pretty much sums it up. This is also in dryish but mostly without acidity and tannin. It makes for a very easy drinking wine, particularly approachable for young employees with more sensitive tongues lightening into the market for the first time.

Lindeman's Early Harvest Shiraz, 2012

\$12.99/946 mL

More wine reviews in Monday's *LeaderPost* or go online on Twitter.

Crossword/Sudoku answers

M	I	N	S	R	S	M	H	E	R	A	V	E
O	M	A	N	I	T	A	G	L	O	R	A	N
C	A	P	E	R	A	R	E	A	G	L	E	
M	A	R	I	L	Y	N	M	O	N	R	G	E
D	D	T	R	E	M	O	N	D	S			
A	N	N	C	T	I	N	T	E	A	S	H	
R	E	N	G	O	A	D	J	U	R	E		
T	R	A	N	K	R	O	W	F	I	T	T	E
A	R	I	C	L	E	N	E	T	O	A	D	
T	A	R	L	O	D	I	N	E				
T	A	R	L	O	D	I	N	E				
H	O	L	E	S	A	Z	M	S				
A	D	A	M	E	N	T	I	L	E	O	D	
W	I	R	I	A	R	E	S					
L	O	S	T		A	R	S					

5	4	6	7	3	8	1	2	9
7	9	8	2	1	5	4	3	6
1	2	3	6	9	4	8	7	5
3	6	1	5	4	7	9	8	2
2	5	4	9	8	3	7	6	1
8	7	9	1	6	2	3	5	4
9	1	5	3	7	6	2	4	8
4	3	2	8	5	9	6	1	7
6	8	7	4	2	1	5	9	3

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#ASK ELLIE

Deleting a friend's ex from Facebook a 'moral dilemma'?

Q I have a moral dilemma. Over a year ago, I introduced two friends of mine. They had just broken up together for a year. Their relationship wasn't so great, and their final break up was pretty bad, such that the woman felt she was an emotional danger, and that the man was invading her personal space.

Now, months later, she wants me to delete him from my Facebook. To make it clear to him that what he did was not acceptable.

My friendship with him had already faded while they were dating and I didn't want to involve myself in the drama.

He and I haven't spoken to each other in months. But deleting him from my social network (of which I'm an extremely passive user) seems a very big statement. I want to stay neutral. I feel torn about it like that of a neurosurgeon.

How do I explain this to her? Or should I be a 'better' friend and "on friend" him?

—Wendy

Ask Ellie



A If you really see this as a "moral" issue, you better be who shows up to her as she says then it's not just "drama" to stand up for her and show that has behavior to any woman for anyone at all. It's not "moral."

Otherwise, it's a friendship issue with someone with whom you're already involved.

You could then tell the woman that you're really on track with him anyway and also that your social network is a tool and to mother.

BUT, if you want to maintain your friendship with her, be prepared that she'll not agree and you may lose her as the outcome.

Q My mother-in-law is one of my best friends. However, her husband (my husband's step father) gives me the creeps.

I've always had a feeling that there was something very wrong, particularly with leaving my children with him. It now seems that he's actively grooming my children. He takes over while my husband and I are parenting, and makes it seem like he's the only person in our children's "side."

I've spoken to my husband and my own parents about my concerns, and it's agreed that if I'm uneasy, we shouldn't allow them to be close with him, even if I don't want to bring my kids from being together but she does allow them close alone with them.

How can I bring this up without damaging my relationship with her as she's really kind and sweet? I love her, but not enough to allow my children to be put in harm's way.

Protecting My Children

A Not an easy one to handle, so know in advance that whatever you do, someone might get hurt. BUT you're

absolutely right that it wasn't be your children.

Your main evidence is his tendency to interfere by trying to win the kids' confidence.

Since it's your MIL's feelings you don't want to hurt, talk to her first, with your husband present. Explain that you two as parents can't allow anyone else to contradict your parenting. She doesn't and you're aggressive of that and any help to bring her in.

Then describe how you've experienced having to deal with the kids' opinion you two. Give some examples. Say you really don't want him close with them. Be clear that you won't suffer on this stance.

Ask if she'd rather that you two define the boundary for her husband, or if she's OK with personally making sure it doesn't happen.

If she nevertheless feels very hurt, you have your parent's children first.

Q I'm obsessed with a boy at school. Anonymous in New York

A I'm responding to you, despite a lack of any details which would tell whether he's a source of your interest, because of your mentioning "obsession."

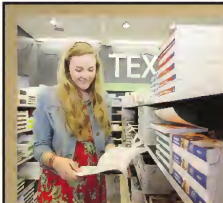
You're still in school, but if you learn that now, it's an important part of your education—"obsession" is unhealthy.

It covers all everything else, leading to ignoring people like family and close friends, and other important activities like eating healthily and doing your studies or work.

Obsession with a person is negatively unhealthy because it means you're valued that person higher than yourself.

If you don't get the response you want, it erodes self-confidence. That sometimes causes obsessed people to offend the other person's attention in negative ways.

So, if you boy isn't showing interest, move on. Value yourself higher — you have a lot to offer yourself — and others will soon see that you're special.



Next week in QC

It's back-to-school time and we are dedicating the entire issue to students of all ages



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